Progression of Knowledge and Skills through Net/wall Games

PE Progression through Lancashire PE SOW: Net/Wall Games - Years 3, 4, 5 and 6

	Year 3/4	Year 3/4	Year 5/6	Year 5/6
Aim of Net/Wall games In net/wall games, players outwit their opponents by sending a ball (or other implement) towards a court or target area, which their opponent is defending.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.
Progression of performance of skills	▸ Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy.	▸ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy.	▸ Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.	▸ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.
Developing Skills – Lancashire Scheme	▸ Ready position ▸ Underarm throw ▸ Overarm throw ▸ Hold a racket ▸ Strike a ball with a racket	▸ Ready position ▸ Underarm throw ▸ Overarm throw ▸ Hold a racket ▸ Strike a ball with a racket	▸ Throwing a ball ▸ Hold a racket correctly ▸ Forehand ▸ Backhand ▸ Volley	▸ Throwing a ball ▸ Forehand ▸ Backhand ▸ Volley ▸ Underhand serve
Application of skills – Lancashire Scheme (Core Task)	▪ **Core Task 1** The aim of the game is to score points by throwing a ball into the opponent's court area and making it bounce twice. Play the game one against one. Use a low net (bench to short tennis height), on a court that is relatively long and narrow. Put a gym mat on either side of the net, about 1m away from the net, and make the court a little larger than this. Use throwing and catching skills. Move on to introduce hitting the ball with a racket after it has bounced. Knowledge – To use a simple tactic i.e. directing the ball to a space to make it difficult for their opponent.	▪ **Core Task 2** The aim of the game is to score points by getting a small soft ball or beanbag to land in one of two targets. Play the game one against one. Use a high net on a long narrow court Encourage the children to use short, low throws to try to hit the target at the front, and long, high throws to try to hit the target at the back. Their opponent's aim is to intercept the ball or beanbag before it bounces. Later, a racket can be used to hit a ball or shuttlecock. Knowledge – To use a simple tactic i.e. choose a good place to stand when receiving the ball.	**Core Task - The 'Long and thin or short and fat'** core task involves children using shots to strike a ball accurately at targets, moving their opponent around the court in order to create spaces in which to attack. They devise a scoring system and evaluate and adapt it as necessary. As they gain experience, they start to play more competitively, hitting the ball away from their opponent to try to prevent them scoring Knowledge – To use tactics effectively i.e. strike the ball with purpose, varying the speed. Strike the ball into spaces they can see.	**Core Task 1** The aim of the game is to score points by hitting a ball into your opponent's court and the ball bouncing twice. Play the game one against one on a long, narrow courUse a racket and a suitable ball. **Core Task 2** This game is played in the same way as Task 1, but: raise the height of the net, and make the court a little narrower and longer Knowledge – To know the need for different tactics i.e. hit the ball with purpose, varying the speed, height and direction position themselves well on court